1. Maharishi says!!!: if you dip a white cloth in yellow dye, it doesn't immediately turn yellow. "So coloring the mind and fading it and coloring and fading—meditation and action. This is a procedure which stabilizes that unbounded awareness on the level of conscious mind. And once it’s done, it’s done forever. The color will never fade.
2. According to Steven Hassan “Another Issue with TM Is Cost. Beginner’s Sessions Are Sometimes Free or Cheap but Programs Get More Expensive. TM Employs a Pyramid-like Structure Charging More and More as a Person Strives to Become ‘More Enlightened’ (Similar to Scientology’s ‘Bridge to Total Freedom’).
3. According to an internal memo leaked out by Wikileaks, “When you are dealing with someone, you give as little info as possible. You don't want to open new doors for people to ask questions. Just answer the questions they have asked.”
4. Maharishi says!!!: “for our practice, we select only the suitable mantras of personal gods. Such mantras fetch to us the grace of personal gods and makes us happier in every walk of life.”
5. “relationship of body and akasha - Lightness of cotton fiber ”
6. According to survivor Joseph Kellet, along with these yogic flying techniques, "It’s common for people to do "Rounding" which involves alternating periods of "meditation" with periods of doing the stretching exercises (called "asanas") that most of us think of as "yoga." For example, in the morning you may induce trance ("meditate"), then do some "yoga asanas", and then induce trance again. That would be "two rounds." Then you would go to a lecture which introduces TM dogma that is a bit more advanced then what you have been taught already. Then

you go to lunch, and then to another dogma lecture. Then perhaps you do two more "rounds" in the afternoon. Then another lecture, then dinner, then another lecture, and then off to bed.

7. According to survivor Gina Catena, “with my well-intentioned loved ones, I watched devotees donate entire trust funds, become psychotic (due to long term meditation), and decline needed medical treatment in favor of Maharishi Ayur-Ved Medicinals. A few committed suicide. Our leaders taught us that hardships were brought upon ourselves. No one blamed overindulgence in trance like meditation,or circuitous theology. After all, no one drank kool-aid.”
8. According to survivor Gina Catena, “many TM parents leave their children for months on end while parents attend advance programs. Children are often left with a hodgepodge of caretakers. Child abandonment for enlightenment is deemed to magically benefit the entire family. These are typical cult dynamics. The higher mission, as defined by the charismatic leader Maharishi Mahesh Yogi supersedes all.”
9. Catena also adds that, "The degree of abandonment of kids, is often dependent upon the parents’ financial situation. The wealthier have personal Nannies. Middle income pay for group childcare. Others do a co-op, rotating turns caring for kids. And some just plain leave their kids unsupervised. I knew of some who just locked their home, leaving untended babies in a playpen. True believers can justify anything for the deemed-highest cause."

10. Maharishi says!!!: “We can take any word, even the word Mike can be taken by reducing the sound of the word mike to its subtler and still subtler stages, and allowing the mind to go on experiencing all the stages one by one, the mind can be trained to be so sharp as to enter into the subtlest stage of the sound Mike. Transcending will automatically get into the realm of Sat Chit Ananda and experience it.”
11. According to survivor Bronte Baxter alienated flower child. People gave up their dreams of love and family to follow their guru's advice, believing they were serving their enlightenment and the highest social good. My best friend, Intensely in love with her husband was divorced by him when the monastic program started. He became a celibate while my friend tried to live as a nun with her broken heart. Within months she developed cancer, dying a couple years later, she forewent Western treatment to pursue an alternative healing system aryuveda Indians ancient world medicine, which then was being revived by Maharishi. Her physician was Deepak Chopra at the time TM's poster boy and its leading aryuvedic physician, my friend Sharon, withered away and died. But Aryuveda grew in popularity.
12. Maharishi says!!! "Demise of democracy will be a sign of rising coherence and world consciousness, specifically the demise of democratic systems of administration. Particularly in India, the world's largest democracy. Damn democracy,” Maharishi says!!! “It's a waste of time. It's a waste of energy. It's a waste of hope. It's the greatest crime against the life of the country.”
13. According to the illustrated Weekly of India, “the TM organization planned the Park Center piece to be a pink pavilion that would levitate 15 or 20 feet above a lake, supported simply by water, as well as a ride on celestial chariot similar to

Indra's fabled carriage. The carriage would have eleven horses and have the capacity to carry 120 people at a time. Yogic powers would eventually cause the chariot to grow smaller and smaller, as it would fly through Veda Land, eventually landing on a rose petal and transporting its passengers deeper and deeper into the finer levels of reality.

14. According to Janja (Yanyeah) Lalich who includes stories about Transcendental Meditation survivors in her book Take Back Your Life recovering from cults, "...people who join cults (that's her word) are not stupid, weird, crazy, weak-willed, or neurotic. Most cult members are of above average intelligence, well adjusted, adaptable, and perhaps a bit idealistic. In relatively few cases is there a history of a pre-existing mental disorder."
15. According to a personal memo leaked out by WikiLeaks, "we don't give out anything for free if you don't charge, wealthy people won't come."
16. Another thing you see is thought stopping cliches. This is: "we agreed to disagree. To each his own, it's a matter of opinion." David Lynch's art is a matter of opinion. Gravity is not.
17. Some good examples of Buzzwords, newspeak, double-speak, and language of non-thought found in the group are:
    "source of thought- Pure Knowledge-Unified Field- fufillment- Peace Breeding Group- -Enlivening a field - Supreme Intelligence – Intelligence - Higher consciousness – cosmic consciousness –Transcendent - will of god - constitution of the universe - Light of God.

Variations of (within themselves - Lies within, hidden treasury- storehouse -center of Being - “Know Thyself”,-inner intelligence- unbounded etc.”

18. Maharishi Says!!!: You see, to meditate and transcend . . . is one way of achieving Cosmic Consciousness. The path of surrender is another way. The path of surrender starts by tuning the mind with the mind of the Master. Tuning the mind with the mind of the Master means: Whatever he likes, I begin to like. I begin to forgo my liking. If he wants me to go that way, I go thatway, and having gone halfway, if he wants me to turn, I turn, and againhe wants me to go that way, I go that way. If he wants to return I return. Nothing of my will, everything [is] His will.
19. MAHARISHI SAYS!!! “Let us now, however, consider the failure of modern psychology to live up to its purpose. Let us not dwell on the slow progress of the development of the science of psychology, and let us not remark that the science of psychology is yet in its infant state of development. Let us be more constructive and bring to modern psychology the key to its long-cherished aim to glorify man’s life in all fields of existence.”
20. According to David Lynch, “I met the Maharishi first time face to face in 1975 in Los Angeles. It was the spiritual regeneration movement in LA where I started meditating. Maharishi came to that center and it was his last visit and I was there that night along with three or 400 people. My friend had gotten a bunch of flowers to present to the Maharishi and I handed him my flower and for the briefest moment our eyes met and when the Maharishi looks into your eyes and… He looks in to yours… Well… it's an incredible, incredible moment.”

21. At Mia Farrows birthday she was given 50 gifts by the Maharishi. She was also given a paper crown. She told Maharishi's publicist that, I'm so fucking mad. Have you ever seen anything like it? I feel like a idiot up on that stage with everyone bowing down to me. She raised a glass of champagne. To the last night in this holyplace. Ha! That's a laugh! Maharishi's no saint. He made a pass at me when I was at his house before dinner" The publicist said. "How could you say something like THAT?" Mia replied, "Look, I'm no fucking dumbbell. I know a pass when I see one." She described how he felt up her hair. People tried to silence her saying this is an honor. She replied, "listen, I know a pass from a puja."
22. Writer Kurt Vonnegut Jr. got his mantra in 1970, and had a different experience. He questioned Maharishi, "What are your feelings about civil rights?" The Maharishi replied: "What are they? Vonnegut writes "Civil rights were explained to him in terms of black people who, because they were black, couldn't get nice houses or good educations or jobs."Maharishi replied that any oppressed person could rise by practicing Transcendental Meditation. He would automatically do his job better, and theeconomy would pay him more..."

    Kurt Vonnegut continues, that the Maharishi hadn't wafted him to India in his meditation. Rather Vonnegut says that "he had sent me back to New York, where I used to be a public-relations man--years and years ago. That was where I had heard other euphoric men talk of the human condition in terms of switches and radios and the fairness of the marketplace. They, too, thought it was ridiculous for people to be unhappy...

23. Dr. Heinz Pagels chaos theorist and the inspiration for Jeff Goldblum's character in Jurrassic Park once stated that. "that TM's recent ideas of theoretical physics are false and profoundly misleading. No qualified physicist that I know would claim to have such a connection without knowingly committing fraud." In fact he sued TM for fraud.
24. According to quantum physist Peter Woit, "[v]irtually every theoretical physicist in the world rejects all of this as nonsense and the work of a crackpot".
25. According to Evan Fowls and Barry Makofsky at the University of Iowa, "the Maharishi Effect, which is what they call this, is ill constructed and not compelling in views of prior knowledge. The evidence offered is not impressive. And mundane alternative hypotheses offer plausible explanations for the findings only if its data were above suspicion and no alternative explanations were known would the Maharishi effect theory warrant any significant confidence in its truth. It's only by acquiring evidence of sufficient. Quality and quantity rendering any thought of its rejection irrational that the heterodox theory ultimately can triumph."
26. According to TMer Rod Richards, "Levitation is a very private 'thing'."
27. Maharishi Says!!! " The making of the offerings enriches the active atmosphere with the bliss of silence and enlivens the quietness of the area into sublime and blissful activity."
28. According to Dana Sawyer, "By early 1971, Maharishi's Advaita Vedanta message had morphed into the Science of Creative Intelligence (SCI). When speaking about the eternal, unchanging Brahman at the root of all existence, teachers were instructed to no longer use the term Absolute Being; instead, it was Pure Creative Intelligence. Spiritually

loaded terms such as Divine Consciousness, used so often by Maharishi in his Bhagavad Gita commentary, were dropped, and "transcendental consciousness" or "pure consciousness" became the exclusive terms for that state of being. Years earlier, Maharishi had abandoned talk of samskaras, the mental impressions from past lives that dictate our present behavior, preferring to characterize them as "stress" from several preliminary studies on meditators.

29. According to Rodney Stark and William Silms Bainbridge, "TM's Science of Creative Intelligence is laced with parables and metaphysical postulates, rather than anything that can be recognized as conventional science"
30. Maharishi says: "Consciousness flows through sound. Speech expresses consciousness or the "capital S" Self or Atma. The Self expresses itself in its own reverberations, which we say is sound. Sound is a basic value of the physiology. Sound is basic to all physiological expressions, therefore the approach through sound will be nourishing and evolutionary to every aspect of the physiology, because it is more basic." Maharishi explained that Vedic sounds promote balance, orderliness, and wholeness. Dr Nader has shown that every aspect of physiology is an expression of the corresponding aspect of sound present in the Vedic Literature. Whatever has made the physiology, that alone can restore (or rebalance) it; if something has created an imbalance, target the cause to amend the effect! Consciousness is the cause, and the effect is the physiology.
31. According to the Global Country of World Peace. The domain of the Global Country of World Peace is CONSCIOUSNESS—the prime mover of life—the ground state ofNatural Law, the field of all possibilities. The Global Country of World Peace is a

non-political, non-religious global organization and does not usurp any of the functions of existing governments, nor does it replace them in any way. The Global Country of World Peace takes a parental role towards every government. It will support and nourish the ideal for which all governments are structured—the maintenance of well-being and progress throughout society. The sole purpose of the Global Country of World Peace is to enliven consciousness, the field of all possibilities, and to create a time for the world family that is free from struggle and suffering and in which every individual will be enlightened, spontaneously functioning in accordance with all the Laws of Nature. On this basis, people will not make mistakes in daily life and every level of government will enjoy Automation in administration—problem-free administration for unlimited progress and Achievement.

32. They're not coming here to be tourists, to see New York or socialize," was his reply. If they need something, "they tell us and we will take care of it. We have a medical facility." "It is a form of confinement," he acknowledged when pressed. "It is a form of taking away their freedom, and you balance that. Maybe in America, that's the pre-eminent issue. For the pandits, my experience is that's not so important. They want to be with their brothers.
33. A controlled study by TM's Robert Keith Wallace Dr. Herbert Benson (a non-meditator) using 80 subjects, showed no difference in the physiological correlates of stress reduction between the practice of TM and five other relaxation response techniques, such as autogenic training, progressive relaxation, Zen

meditation, hypnosis and yoga. The study also has a useful historical appendix outlining ten different relaxation response methods which have proven effective over time.

34. Maharishi Says! “Whenever and wherever religion dominates the mass consciousness, transcendental deep meditation should be taught in terms of religion. Maharishi Says! Whenever and wherever metaphysical thinking dominates the consciousness of society, transcendental deep meditation should be taught in metaphysical terms, openly aiming at the fulfillment of the current metaphysical thought. Maharishi Says! Whenever and wherever politics dominates the mass consciousness, transcendental deep meditation should be taught in terms of and from the platform of politics, aiming at bringing fulfillment to the political aspirations of the generation.”
35. According to Shuvender Sem “a doctor prescribed me what he called aryuveda treatment. As a Hindu. I was already familiar with it. According to the TM doctor, the symptoms were The manifest of stress in my mind and body, and I needed to calm myself down.”
36. According to Michael A. Persinger. The Personal Philosophy Inventories of 221 university students who had learned to meditate (about 65% to 70% practiced Transcendental Meditation) were compared to 860 nonmeditators. Meditators displayed a significantly wider range of complex partial epileptic-like signs .Experience of vibrations, hearing one's name called, paranormal phenomena,

profound meaning from reading poetry/prose and religious phenomenology were particularly frequent among meditators. Numbers of years of TM practice were significantly correlated with the incidence of complex partial signs and sensed presences but not with control, olfactory, or perseverative experiences.

The results support the hypothesis that procedures which promote cognitive kindling enhance complex partial epileptic-like signs.

37. According to Stanford Research Institute scientist Leon S. Otis in his study on the Adverse Effects of Transcendental Meditation involving 574 subjects. Otis found the longer a person practiced TM the more adverse mental effects

    were recorded;t 70 percent of subjects recorded mental disorders of one degree or another.

38. “Just 47 percent of 178 students at a private Fairfield elementrary school had records showing they received all required shots. It was “The lowest vaccination rate in all of Iowa. This shows a fundamental distrust.

39. According to Joesph Weber who wrote an ethnography on the Fairfield area, “David Orme-Johnson, a former professor of psychology at the Maharishi School, pointed to studies that TM reduces psychiatric illness, and decreases depression,” But Bob Roth did speak on the organization’s stance on medicine saying, “Do whatever your doctor tells you. If they want to come off medicine, we say, “do whatever your doctor advises. We don’t advise medically.” An internal wikileaks memo contradicts Bob Roth stating, “We are not going to take help from medical drs. as

medical professionals give poison. So don't engage any medical drs. for anything- absolutely whatever it is even if they are in our movement family."

40. The Transcendental Meditation program promises that it will "change your quality of life from poverty, emptiness, and suffering to abundance, fulfillment, and happiness."
41. Dr. Einstein once said: "No physicist believes that. Otherwise he wouldn't be a physicist."
42. Pulitzer Prize Winning journalist , Michael D'Antonio writes in Heaven on Earth: Dispatches From America's Spiritual Frontier "Transcendental Meditation was like the worst of religion: rigid, unreasonable, repressive, and authoritarian, characterized by overt manipulation, a disregard for serious scholarship, and an unwillingness to question authority." He call it "a grandiose narcissistic dream, a form of intellectual bondage, that they call enlightenment."
43. According to NPR, "India's constitution defines it as a secular republic, but (the BJP) have sought to transform the country into a Hindu nation with special rights for members of its majority faith. In recent years, minority Muslims have increasingly become victims of hate crimes and lynchings."
44. In the opinion of Michael Persinger, "TM displays creeds of strict religious following, a persistent search for "the new man," a charismatic leader, an emphasis upon group conformity, and a pantheistic fusion of god, religion and mysticism"

45. According to survivor Mike Doughney in a June 2022 presentation to the International Cultic Studies Association (ICSA) on the Transcendental Meditation organization , “Government ministries in India directly support the TM organization. Portions of fees collected from TM instruction, up to ten percent is sent off shore and eventually helps Hindu fundamentalist schools in India.”